



Biopsychosocial and Spiritual Assessment

Presenting Problem:

From your perspective, what brought your family to Child Welfare?

Biological

Past:

- 1) Genetics
 - Consider whether any blood relatives have had psychiatric problems, substance use problems or suicide attempts/suicide. Helpful questions/prompts:
 - Has anyone in your family ever experienced any mental health issues? Were they treated? If so, how were they treated and how did they respond to the treatment?
- 2) History of Pregnancy and Birth
 - Consider pregnancy variables (Was there in-utero exposure to nicotine, alcohol, medications or substances? Anything unusual about pregnancy?) Helpful questions/prompts:
 - Tell me about your mother's pregnancy. Were there any complications? What have you been told about your birth?
- 3) Relevant Previous Illnesses/Substance Use
 - Consider any history of head injuries, seizures, the effect of past substance use on brain functioning (cognition, affective regulation), etc. Helpful questions/prompts:
 - Have you experienced any medical or substance use issues in your life?

Present:

- 1) Current Illnesses/Substance Use
 - Identify current illnesses and any direct impact they may have on how the parent is presenting. Assess current medication regimen and consider possible side effects. Consider the influence of nicotine, alcohol or other substances as well as possible effects of substance withdrawal on the parent. Helpful questions/prompts:
 - Can you describe your health right now?

- Are there any prescribed or non-prescribed medications you're taking?
- Can you tell me about your use of alcohol or drugs?

***CAGE ASSESSMENT:**

- 2) Have you ever felt you ought to cut down on your drinking or drug use?
- 3) Have people annoyed you by criticizing your drinking or drug use?
- 4) Have you felt bad or guilty about your drinking or drug use?
- 5) Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of hang over?

(2 positive answers is considered clinically significant for abuse)

Psychological:

Past:

- Consider any past history of trauma (child abuse/neglect, combat, rape, serious illness, exposure to violence, incarceration of a loved one, etc.) and also consider the parent's resiliency (how they coped with trauma, e.g. friends, family, religion)
- Consider sources of positive self-image and positive role models.
- Consider the parent's quality of relationships with important figures, such as grandparents, friends, teachers, etc.
- Consider how any medical or psychiatric issues currently impact the parent.
 - Helpful questions/prompts:
 - Tell me about your childhood.
 - Where did you grow up and who was in the home you grew up in?
 - Can you tell me about any losses you experienced? How did you cope with this?
 - Who were the most important people in your life growing up?

Present:

- Consider the recent events and experiences that led to the current Child Welfare case.
- Consider the parent's current stressors.
- Assess current coping skills, self-care practices, and defense mechanisms.
- Consider current developmental demands (e.g. marriage, divorce, birth, children leaving home, loss, aging).
 - Helpful questions/prompts:
 - Tell me about what was going on in your life when this Child Welfare case was opened.
 - Tell me about your family. What family dynamics do you enjoy? What family dynamics are challenging for you?

- How would you describe your relationship with your child(ren)?
- How have you already tried to overcome the challenges you've faced?
- How do you usually cope during hard or stressful times in your life?
- Have you experienced any major life transitions recently?

Social

- Consider the parent's culture, race/ethnicity, gender identity and sexual orientation and the impact of discrimination (racism, sexism, homophobia) on their life.
- Assess the parent's current support system.
- Determine the current status of relationships with important figures
- Consider possible peer influences.
- Consider the parent's current housing status/arrangement.
- Consider the parent's access to affordable childcare.
- Consider the parent's access to reliable transportation.
- Consider the parent's current vocational/financial status (e.g. job, benefits, etc.).
- Consider the parent's educational history
- Consider impact of other systems on parent's life (e.g. Criminal Justice System, Veteran's Administration, Health Care System).
 - Helpful questions/prompts:
 - What aspects of your identity are important to you? Have you ever experienced discrimination as a result of your race/ethnicity, gender identity, sexual orientation, or cultural beliefs/practices?
 - Can you tell me about your cultural/family beliefs?
 - Who, if anyone, do you consider to be part of your support system? Is there anyone you can turn to in a time of need or crisis?
 - Tell me about where you are living right now. Are you satisfied with your current circumstances?
 - Tell me about your current childcare resources/needs.
 - What is your current mode of transportation? Is this working for you?
 - Are you currently working? If so, are you satisfied with your job?
 - Do you receive any benefits (e.g. CalFresh, Cash Aid, SSI, SSDI)?
 - What was your experience like in school?
 - Are there any other systems (e.g. Criminal Justice System) that are impacting your life?

Spiritual

- Consider the role of spirituality in the parent's life. Is the parent affiliated with a spiritual community of some sort?
- How does spirituality contribute to the parent's ability to cope with difficult experiences, maintain hope, and influence their beliefs around suicide, abortion, illness, death, etc.?
 - Helpful questions/prompts:
 - Can you describe your spiritual belief system?
 - Are you connected to a spiritual community?

- Is your spirituality a source of strength for you when you are going through a difficult time?
- Can you describe your childhood experience of religion?

Case Specific Questions

- What is your relationship like with your County Welfare Worker?
- What is your understanding of your case plan requirements?
- Are the services being offered to you by the County meeting your needs? Are there any additional services that would be helpful? Are you facing any barriers to meeting your case plan goals?